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## Abstract of the Disclosure

Compounds according to the formula:

and pharmaceutically acceptable salts, solvates or hydrates thereof; wherein group 5 Ar is optionally substituted ( $C_6$ - $C_{10}$ )aryl or ( $C_1$ - $C_9$ )heteroaryl; X is a direct link, - $CH_2$ -, - $SO_2$ -, -CO-, - $CHR^1$ - where  $R^1$  is( $C_1$ - $C_6$ ) alkyl, or - $CR^1$ ' $R^1$ " - where both  $R^1$ ' and  $R^1$ " are, independently, ( $C_1$ - $C_6$ )alkyl; Y is N or CH; and Z and W are as herein defined, and pharmaceutical compositions thereof, and methods useful to facilitate secretion of growth hormone(GH) in mammals.